A helpful guide to teaching God’s Word with clarity, authority and care.
Firm Foundations
Creation to Christ

Children’s Edition

Book 3

Lessons 13-25
God Rejected Cain but Accepted Abel – The Ten Commandments

A helpful guide to teaching God’s Word
with clarity, authority and care.

An adaptation by Nancy Everson
of the original
Firm Foundations: Creation to Christ,
Trevor McIlwain with Nancy Everson
Lessons 13 – 25
with Review Sheets, Skits and Visuals

13. God Rejected Cain and His Offering, but Accepted Abel and His Offering ............................................................... 3

14. God Judged the Whole World and Delivered Noah and All in the Ark ................................................................. 17

15. God Remembered Noah and All in the Ark; God Scattered the Rebels at the Tower of Babel ........................................ 31

16. God Chose, Called and Guided Abram; Lot Chose the Fertile Plains of Sodom and Gomorrah ..................................... 43

17. God Destroyed Sodom and Gomorrah; God Renewed His Promises to Abraham ........................................................ 55

18. God Gave Isaac; God Delivered Isaac from Death ................. 69

19. God Chose Jacob and Rejected Esau; Jacob’s Son Joseph 81

20. God Promoted Joseph and Took Israel into Egypt ............... 93

21. GodPreserved Israel Enslaved in Egypt; God Chose, Protected and Called Moses to Deliver Israel ....................... 103

22. God Sent Plagues on Egypt; God Passed Over Israel ........... 115

23. GodDelivered Israel at the Red Sea and Provided Them with Food and Water in the Desert ................................. 129

24. Preparation for the Giving of the Ten Commandments ..... 143

25. God Gave the Ten Commandments ................................. 157
IMPORTANT
NOTE TO TEACHERS:

To effectively use these children’s lessons,
READ AND STUDY BOOK 1
before you begin
studying and teaching
the lessons themselves.

SUBSTITUTE TEACHERS:
Please see note on page 72 of Book 1.
If you have time, also read and study
Book 1.

PASTORS AND
SUNDAY SCHOOL SUPERINTENDENTS:
Please see note on page 72 of Book 1.
Even though you may not be the one teaching
this material, please read Book 1, which
explains the teaching rationale
used in the lessons.
God Rejected Cain and His Offering, but Accepted Abel and His Offering

LESSON PREPARATION
This section is for you, the teacher.
The passages in the Scripture Reference column are for your own study in preparing for this lesson. Since they may contain concepts that run ahead of the lesson, they are not to be taught at this point.

Note: If you have not taught previously from this series of lessons, please read carefully the note to teachers in the front of this book.

SCRIPTURE: Genesis 4:3-16,25

LESSON GOALS:
• To show that the sin of Adam has been passed on to all men.
• To show that man can come to God only according to God's will and plan.
• To show that man must have faith in order to please God and be saved.
• To show that God started a new line with Seth to replace the line of Abel. God was keeping His promise to send a deliverer.

THIS LESSON SHOULD HELP THE STUDENTS:
• To realize that all are sinners.
• To see that they are helpless to save themselves.
• To see their need to come to God His way, by faith.
• To see that the penalty of sin is death.

PERSPECTIVE FOR THE TEACHER:
Our present society has plunged itself into a period of particular decline and degradation. Moral values used to be clearly defined, even among non-Christians. But now values have eroded into a blur of gray areas that seem to allow the sinner to roam freely even into areas of gross sin. The prevailing morality seems to be "If it feels good to me, I'll do it." But God has not changed. His values are still the same; sin still requires the death penalty. God is eternally holy.

The story of Cain and Abel is a classic for all times but especially for our times. Many in our society are rushing away from God. In the process, they are hurting, lying against, stealing from, and killing fellow men and women.

Yet when someone is the victim of a crime, or hears of a crime, often the first question asked is, "Why did God let that happen?" This may be the first question, but it is the wrong question.

It is a little like a mother telling her son not to hit his baby sister. The son turns right around and hits his sister anyway. Now, would you ask, "Why did the mother let the boy hit his sister?" No, the question is, "Why didn't the boy obey his mother?"

God had told Cain what was right and was even gracious to tell Cain why He did not accept him when Cain disobeyed. But Cain turned against all that God had told him to do and went out and killed his brother.

God hates sin. Man is given the choice to believe and obey God. Man is responsible for his choices. Sin is not God's fault. Sin cannot be paid for by man's earthly efforts. Teach these truths clearly. If you do not teach them, some of the children may never hear them. God will honor His Word in their hearts.
VISUALS:

- Chronological Picture No. 8, “Cain and Abel Bring Offerings to God”
- Chronological Picture No. 9, “Cain Kills Abel”
- Poster 1, “Learning About God” — Use this to emphasize the themes.
- Poster 5, “Deliverer”
- Poster 7, “Grace”
- Chronological Chart
- The branch used in Lessons 7 and 10
- A realistic stuffed toy lamb

SPECIAL PREPARATION:

- Make copies for your class of the Lesson 13 Review Sheet and Skit 13 (at the end of this lesson). Provide pencils for the children.
- Prepare for any activity you select from the Suggestions for Activities (at the end of this lesson). As you select activities, remember to allow sufficient time to teach the outlined lesson material.
- Bring pictures of lambs and sheep to illustrate Lesson point B.

ON TEACHING THIS LESSON:

You are carefully laying a scriptural foundation on which the Gospel will later be presented. Each lesson builds on previous lessons, so be sure to cover each point carefully.

DON’T COMPLICATE THE MESSAGE!

As you teach, keep in mind that this is a directed study — not an exhaustive survey of the Bible. Keep your lesson on track and moving ahead by limiting and directing any discussion.

Carefully follow the outline. Emphasize the doctrinal themes.

LESSON FORMAT: The center column below contains the lesson material to be taught to the students. The bold outline headings are only for reference and need not be spoken, as they are incorporated into the outlined material that follows. The material in the side columns is for the teacher’s own reference and is not intended to be included in the lesson.

TO BE TAUGHT TO THE STUDENTS

(Center Column Only)

LESSON OUTLINE:

REVIEW Lesson 12, using Lesson 13 Activity Sheet.

PERFORM Skit 13. Note: “Uncle Don’s” part should be read by an adult.

A. Introduction

How serious is sin? 

What if someone refuses to believe God and chooses to disobey Him?

— Could you say, “Well, that’s his own business, if he wants to do that”?

— Does a person’s sin affect other people?

Can we work out some way to take care of our sins?

1 Don’t give time for discussion of these questions; just go on with the lesson. These are asked only for the purpose of causing the students to think about the subject of sin.
Can people choose their own way to come to God? Won’t God accept any sincere effort we make? Let’s see what answers God gives us to these questions as we study the story of Adam and Eve’s sons, Cain and Abel.

**B. God told them what they must do when they came to worship Him.**

Theme: **Man is a sinner. He needs God and is helpless to save himself.**

There was no way that Adam and Eve or Cain and Abel could come to God.

— They were all sinners, and God hates sin.
— They were separated from God.
— The punishment for sin is death.
— They could not give anything to God to pay for their sins.

Theme: **God is greater than all and more important than all; He is the highest authority.**

Theme: **God is loving, merciful and gracious.**

Theme: **Man can come to God only according to God’s will and plan.**

But God planned a way so they could come to Him.

— It was not man’s way.
— It was God who decided on this way.
— No one else could make a way for them.

God made a way for them because He loved them.

Theme: **God communicates with man.**

God must have told Adam and Eve what they must do if they wanted to come to Him.

Adam and Eve probably told Cain and Abel what God said they must do if they wished to come to God.

The Bible gives us good reason to believe that God told these things to Adam and Eve and that Abel and Cain knew too.

Theme: **God is holy and righteous. He demands death as the payment for sin.**

Here is what God must have told them:

When they came to Him, they had to bring a sheep as an offering to Him.

SHOW THE STUFFED TOY LAMB AND POINT TO THE PICTURES OF LAMBS AND SHEEP.

— They had to kill the animal in such a way that the animal’s blood would flow out.
Lesson 13: God Rejected Cain but Accepted Abel

The blood of the animals could not pay for their sin: why then would God tell them to kill a sheep?
— Because God wanted them to remember that the punishment for sin is death.
— He wanted them to remember that they would die and go to everlasting punishment unless He saved them.
— If they agreed with God that they were sinners and that only He could save them from everlasting punishment, then they were to bring a sheep and kill it, as God had told them to do.
— Consider:

God was not being cruel to require the death of a lamb. No, the reason the lamb had to die was because of man’s sin. God loves man and wants man to know that the penalty for sin is death. The lamb was a sacrifice — one who died in the place of the sinner.

SHOW POSTER, “GRACE.”

The Bible clearly says that blood must be shed for sin. God promised that if they came by faith, offering to Him the blood of animals, He would accept them and forgive their sins. The blood sacrifice for sin was part of God’s gracious plan to deliver man from sin and Satan and death.

C. Both Cain and Abel came to offer sacrifices to God.

Theme: Man can come to God only according to God’s will and plan.

READ Genesis 4:3-5.

Both Cain and Abel knew that God existed, and both came to offer sacrifices to Him.
— Consider:

Just knowing that God exists and even offering to God what we think is very good will not make us acceptable to Him.

D. Abel’s offering was accepted by God.

Theme: Man must have faith in order to please God.

Theme: Man can come to God only according to God’s will and plan.

READ Genesis 4:4.

Abel brought one of his sheep as an offering to God.
— It was the firstborn lamb of its mother.
— Abel killed the sheep so its blood ran out, and he offered the sheep, along with the fat, to God.

Why did Abel bring this offering to God?
— 1) Because he agreed with God that he was a sinner.
Lesson 13: God Rejected Cain but Accepted Abel

— **2) And he believed that only God could save him from everlasting punishment.**

Abel believed the promises God had given his parents while they were still in the garden of Eden.
— God had promised that He would send a great Deliverer.

SHOW POSTER, "DELIVERER"
— God promised that the Deliverer would destroy Satan and save man from Satan’s power.

Was God pleased with Abel’s offering? Did God accept Abel? Yes, He did. God was very pleased with his offering, and He accepted Abel.
— Explain:

**It is important to understand that the blood of animals could never pay for sin. God did not accept Abel’s lamb as the payment for his sin. But God forgave Abel’s sin and accepted him because Abel trusted, not in himself, but in God who had promised to send the Deliverer.**

E. Cain’s offering was rejected by God.

- **Theme:** Man must have faith in order to please God and be saved.

- **Theme:** Man can come to God only according to God’s will and plan.

READ Genesis 4:5.

As an offering to God, Cain brought the things which he had grown.
But God would not accept Cain or his offering.
Why not?
— Was it because the things Cain grew and brought to God were not good?
— Was it because God doesn’t like things grown from the ground?
— No, these are not the reasons.
— Did God reject Cain’s offering because Cain was a worse sinner than Abel?
— No, that wasn’t the reason why God would not accept him.
— Both Cain and Abel were born sinners.

It is important that we are clear in our own minds why God rejected Cain and his offering but accepted Abel and his offering.  
— Explain:

In Hebrews 11, God says that without faith it is impossible to please Him. He also tells us that Abel was a man of faith; Cain was not.

Then, in the book of Romans, God tells us that faith is always based on the Word of God. Romans 10:17 says, “...faith
It is important that we emphasize faith as the reason for Abel's offering and unbelief as the reason for Cain's actions. If we emphasize obedience instead of faith, the minds of the people will be tuned to doing rather than believing. According to Hebrews 11, God accepted Abel and his offering because Abel believed God. Faith was the great difference between Cain and Abel.

The foundational truth of believing God should be clearly laid so that when we come to the Gospel, the students will know that it is only through faith that we are accepted by God. Nevertheless, the balance should also be kept between faith and works. Because Abel believed God, he offered a lamb. Because Noah believed God, he built an ark. Because Abraham believed God, he went to the place of God's choice.

Keep in mind Hebrews 11 and use it to interpret the actions of the Old Testament characters. You will not be teaching from it, but using it only sparingly, as in this lesson, to support what you are presenting from the Old Testament.

Someone may ask, “What is God's way?” Of course, the answer is Jesus Christ; but some of your students may need more understanding before you can present the Gospel.

You might want to say, “God has certainly made a way, and that’s what this Bible study is all about. He was going to send a deliverer, just as He promised. If you'd like, I'll be glad to talk more with you about this after class.”

We need to be continually sensitive to the Holy Spirit. The student who asks may truly have a heart prepared to put His trust in Jesus Christ as his Savior. Or he may just be “thinking out loud” about what he has heard but have little understanding or conviction of sin.

God promises us wisdom if we ask Him (James 1:5), and we can trust Him to give what He has promised.

God rejected Cain and his offering because:

- Cain didn’t come to God admitting he was a sinner.
- He came to God in his own way, according to his own ideas, and not in the way which God had commanded.
- Cain did not believe God.
- He did not trust in the way which God had told them to come.
- That is why God rejected him.

— Compare:

Do you remember how God rejected the clothes which Adam and Eve made for themselves? Why did God refuse to accept the clothing they made? Because God wanted to show them that they couldn’t make themselves acceptable to God by anything they could do. It had to be done in God's way. The animals had to die, and their blood had to be shed so that Adam and Eve could have clothes that were acceptable to God.

In the same way, God would not accept Cain and Abel unless they trusted in Him and came to Him in the way He had said. God would only accept them if they brought a sheep and killed it, shedding its blood. Abel believed God and came God’s way, so God accepted him. Cain came trusting in his own way, so God refused him.

God has not changed; He is still the same today. He does not command us now to sacrifice sheep, but He is still the only One who can make a way for us to come to Him. We must come God’s way; otherwise, He will reject us as He rejected Cain.

— Illustrate:

DISPLAY BRANCH BROKEN OFF FROM TREE.

Take a look at this branch broken off from a tree. It died after a while because it was separated from the life it received from the tree. What if you tried to join this dead branch back onto the tree — would it come back to life again? No, you cannot join a dead branch back onto the tree so that it will live once again. It was separated from the tree, and you cannot put it back.

— Compare:

Psalm 66:18
Hebrews 11:4